

Crisp Cucumber

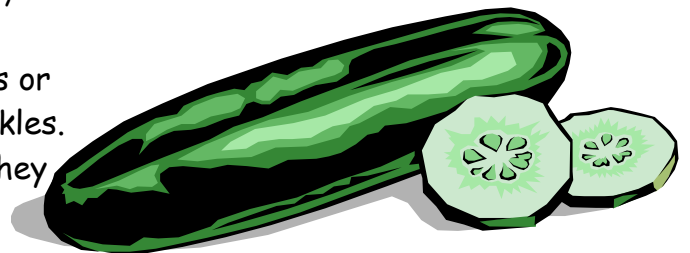
Cucumber Fun Facts

- Cucumbers are a member of the gourd family along with melons, squash and pumpkins.
- Cucumbers originated in India where they have been grown for 3,000 years.
- Florida produces the most cucumbers in the United States.
- Cucumbers are available year-round.
- Cucumbers are long and cylindrical with a green skin and crisp white inside.
- Cucumbers grow on a vine. They prefer sandy soil because it warms up faster in the spring.
- There are two main types of cucumbers, slicers and picklers. Slicers are the cucumbers that you find on veggie trays or in salads. Picklers are used to make pickles.
- Because cucumbers are mostly water, they are not as high in nutrients as other vegetables. Cucumbers are 95% water!

Nutrition Facts

Serving Size = $\frac{1}{2}$ cup, sliced

Calories	8
Fat	0.5 g
Protein	0 g
Fiber	0 g
Vit. A	105 IU
Vit. C	3 mg
Potassium	75 mg



Quick Dill Pickles

Source: www.kidchef.com

Ingredients:

- 1 large cucumber
- $\frac{1}{2}$ cup plain rice wine vinegar
- 2 tablespoons sugar
- $\frac{1}{4}$ teaspoon salt

Directions:

1. Thinly slice the cucumber and toss with the vinegar, sugar, and salt.
2. Refrigerate for at least 4 hours.
3. Drain and serve.

What is the world record for the largest cucumber?

If you guessed 59 pounds you are correct!

